

MAY/JUNE NEWSLETTER

**ANDERSON SENIOR CENTER
7970 BEECHMONT AVENUE
CINCINNATI, OHIO 45255
513/474-3100**

TRAVEL IN STYLE

The Anderson Senior Center is partnering with Croswell Bus Lines and Provident Travel to bring you a variety of trips. This partnership allows for the center to benefit from traveling with these companies. Travel in style with your friends in a luxury motor coach. These are some great deals, don't miss out .

Provident Travel presents: May 8-9, 2009, Nashville, Tennessee, 299 twin or triple occupancy, \$369 single
August 10-11, 2009, French Lick Resort/Casino French Lick, Indiana, \$269 Double \$259 Triple \$309 Single
September 12-16, 2009 Autumn in Niagara Falls & the Thousand Islands, \$669 twin \$809 single \$629 triple
Croswell Tours present: July 6-8, 2009, Smoky Mountain Memories, Gatlinburg, Tennessee, \$399 Double
Occupancy, \$359 Triple Occupancy, \$529 Single Occupancy
October 21-24, 2009 Veteran's Appreciation Tour, Washington, D.C. \$499 Double \$435 Triple \$699 Single
December 1-3, 2009 Nashville Holiday Featuring Radio City Rockettes, \$399 double \$369 Triple \$499 Single

Additional information is available at the center on all trips or call 474-3100.

Annual Ragtime Band Show

Back by popular demand, the Anderson Ragtime Band is back for a summer performance on June 18, 2009. This year's theme is Celebrating Americana. Come and enjoy patriotic and traditional songs that help us celebrate our freedom as Americans. The Anderson Ragtime Band has been performing at the Center for years and always packs the house!

An Example of Senior Center Teamwork

An example of teamwork was certainly displayed at the Anderson Senior Center when two of our groups teamed together to address new window treatments for the Lounge (Dance Room.) The Dancers elected to contribute their money to purchase some new window treatments to spruce-up the Dance Room. After receiving an estimate of how much it would cost , they decided to capitalize on the talents of other center groups. The Quilting Club at the Center was approached and willingly took on the job of shopping for fabric and supplies and then tackling the job of making the window treatments. As you can see from the pictures, the results are beautiful! Please stop by the Lounge to see the lovely new look! Thank you to our Dance Groups (Steppers & Pattern Dancers) for contributing to the window treatments and to the Quilting Club for supplying their talents!

DO YOU LIKE TO PLAY CARDS?

Do you like to play Euchre? We are in need of a table of 4 on Wednesdays. Call 474-3100 for more information. Are you interested in learning to play Bridge? If you would like a class in Beginning Bridge, please call the front desk at 474-3100 and we will try to arrange a class.

32nd Annual Senior Expo

Council on Aging's 32nd annual Senior Expo will be held on May 19, 2009 at Coney Island. As always, it will be a fun-filled day of activities, food and education. Visit over 100 booths with information from health topics and financial planning, to trips and events. There will even be a dance contest at Moonlight Gardens. Tickets for Senior Expo are available at the Senior Center. Transportation will be provided to and from the Senior Center.

Our contest for King and Queen has ended and will be announced on May 11, during the spring performance of the Forest Aires.

Thank you to Charlie and Ginny Rottinghaus for representing the Anderson Senior Center as King & Queen at last year's Senior Expo.

CINCINNATI BELL LIFELINE

What is Lifeline?

Lifeline is designed to assist qualifying consumers with their telephone service needs. These programs provide special discounts when obtaining service and provide a monthly service discount as well. All programs are available for new and existing customers of Cincinnati Bell.

Who do I call regarding Lifeline?

To place an order for telephone service with lifeline or to obtain additional information, contact a representative at 513.565.LIFE (5433) - Monday through Friday, 7:30 AM to 7:00 PM and Saturday 7:30 AM to 1:00 PM EST.

What do I need to do to apply for Lifeline?

You need to fill out and submit a signed Lifeline Application Agreement. Once the signed Lifeline Application Agreement has been received by Cincinnati Bell's Lifeline Department, an order will be placed for you to receive lifeline benefits.

Senior Center Book Sale

Love to read? Need some new reading material? The Anderson Senior Center has the book for you! The Center will be holding a book sale in the lobby on May 11-15 between the hours of 11:00 am and 1:00 pm. Paper backs, hard covers, some large print, movies and puzzles will be available for sale. Love stories, mystery, famous authors, some not so famous; there will be something for everyone. A big thank you to Clara Barker and Joyce Anderson for organizing this event. All books will be sold for 25 cents.

If you have any books you would like to donate, the center will be accepting books during the week of May 4-May 8 during the hours of 8-4.

FYI-For your convenience, the Anderson Senior Center partners with the Hamilton County Library to supply library books at the Center. Stop in today and check out a book.

Volunteer Talk by Ginny Hunter

Monday mornings are not extensions of leisurely weekends for Ruth Alering and Lillian Pfaller. They have a weekly appointment to deliver Meals on Wheels, something Ruth has done every Monday morning for 15 plus years with various partners.

"It's something to do that's worthwhile," Ruth said. Some of the clients say it's a wonderful service. One man, she recalls, said, "I can't believe you don't get paid."

Ruth's main complaint is that her MOW route is too short. She wishes she had more clients to see and sometimes volunteers to do two routes when a driver is absent.

Ruth's husband, Elmer, who died in 1996, was her first MOW partner. She has made the Monday rounds with other people since and most recently, teamed up with long-time friend Lillian Pfaller.

After the meals have been delivered and the containers returned to the Anderson Senior Center, the two partners usually buy lunches at the center, where they are known to many members.

Ruth worked as a secretary for 25 years at the old Walker Machinery on Wooster Pike in addition to her home and family duties. Now 88, Ruth is sometimes asked how she continues to be so healthy and able to pursue her interests. "I do eat everything, there's nothing I don't like. I don't believe in sitting at home," she said.

At the senior center, she plays the card game "500" every Wednesday, and at her church, Immaculate Heart of Mary, volunteers for the "Helping Hands" ministry, which is a variety of services for those with different needs, such as bringing a meal to someone or driving a patient to a cancer treatment.

And what does she have to say about Anderson Senior Center? "I think it's wonderful."

May/June Trips/Events/Programs

Don't miss the exciting trips and programs planned for May & June. Make your reservations early because some trips/events and/or programs may be cancelled if we don't see an interest. Call today!

Claire O'Connell

513/474-3100 ext 106

Friday & Saturday May 1 & 2, 2009

Basics of Flower Photography Workshop

Instructor: Virginia Cox will teach skills of flower photography. Requirements; digital camera, computer experience. Supplies needed: camera, memory card, USB cord or card reader, pen & small notebook. Class Format: Friday, May 1st 10 am – noon is class instruction, noon- 3 pm flower field trip (box lunch provided. Saturday, May 2, 9:30 am to noon, in class photo session. Class includes: lunch & transportation on Friday, print of your favorite image.

Cost: \$50 members/55 guests

Class size is limited so sign up now for this exciting class.

Wednesday May 6, 2009

May Birthday Party

Entertainment by: Richard Scott.

Don't miss the chance to hear this talented musician.

He was a big hit his last performance at ASC.

Music: 10:30

Lunch: 11:30

Cost: Members celebrating May birthdays receive a complimentary lunch.

Join us for lunch at the suggested donation price of \$3.00

Reservations by: May 4

Wednesday Evening, May 6 through May 27

Drawing/Painting Art Classes

Draw or paint your pet with Instructor Becky Zimmerman. Beginners of all ages welcome. Classes begin with charcoal sketching from a photo of your pet.

Time 6 pm – 8pm

Cost: \$65 for class/supplies

Direct your questions to Instructor Becky at 544-4940.

Thursday May 7, 2009

Lunch at Pelican Reef, Tour of Athenaeum of Ohio

Dine at local favorite, then tour Athenaeum (Mt. St. Mary's Seminary). Here in Anderson we have a historical beauty. The building and grounds is a site to see. Guided tour filled with art architecture not to mention rare books and treasures.

Departure time: 11:15

Tour: 1:00-2:30

Approximate Return: 3:00

Cost: \$5 members \$8 guests (bring \$ for lunch)

Reservations by: May 4.

Friday May 8, 2009

Lunch at Schoolhouse Restaurant, Forget Me Not Dancers Performance at Mercy St. Theresa.

Schoolhouse built in 1863 is a great spot for lunch, and to browse their general store. Next we are off to the dance performance. Forget Me Not Dancers dress in historical costume while they dance the waltz, minuet.

Departure Time: 11:00

Approximate return to ASC: 3:30

Cost: \$7 members, \$10 guests (Bring \$ for lunch)(includes suggested transportation donation)

Reservations by: May 4

Monday May 11, 2009

Forest Aires Spring Concert, Luncheon King And Queen Crowning

Don't miss the beautiful voices of the local women's choral group. The Annual Crowning of King And Queen to represent ASC and Senior Expo.

Concert Time: 11-11:45

Lunch: 11:45

Crowning of the Royalty to follow.

Cost: \$8 members \$12 guests

Reservations by: 5/4

Thursday, May 14, 2009

AARP Safe Driving Course

This 4-hour class designed for drivers age 50 and over Bring Driver license and AARP membership card to class. Please make checks payable to AARP. The Class will break for lunch. If you would like to eat at ASC please indicate that when signing up for class.

Time: 10-3:00

Cost: AARP members \$15.00, Non Members \$17.00

Reservations by: 5/5

Thursday May, 14 2009

Monthly DVD Documentary: World At War.

In honor of Memorial Day we will show a historical war feature.

Time: 12:00

Reservations not required.

Tuesday May 19, 2009

Senior Expo at Old Coney

Celebrate Older Americans Day at Coney. This is a fun filled day of entertainment, bingo, health care information, events and activities all day long. Our King and Queen will also be honored.

Time: 10-3:00

Cost: \$3.00 for boxed lunch and admission.

Transportation Suggested donation: \$3.00

Reservations by: 4/28

Thursday May 21,2009

Mystery Military Movie.

Sarah will select the movie of the month join her for the show.

Time: 12:00

Reservations not required.

Friday May 22,2009

Spring Nature Program

Woodland Mound Naturalist John Cimarosti will visit with his DVD of the Delta Queen. Come hear about Cincinnati's own Steamboat.

Time: 10:30 am

Cost: none (join us for lunch at suggested donation price)

Monday May 25 center Closed for Memorial Day

Tuesday May 26, 2009

“Myths and Realities of Long-Term Care Planning”

Attorney Eric Eifrig will be the presenter..

Focus of talk will be on issues senior face as they plan how to pay the costs of future health care.

Time: 9:00 am

Cost: none

Reservations requested by: 5/12

Wednesday May 27, 2009

Tri-State Warbird Museum with lunch at City BBQ

Our first stop is the new City Barbeque in Eastgate then next to Batavia to the Warbird Museum. We will have a private guided tour of the numerous aviation and history artifacts.

Depart center: 12:15 pm Approx Return: 4:00 pm

Cost: \$12 veterans/\$14 members/\$19 guests

(includes admission to museum and transportation donation) Bring money for lunch (We are having a late lunch because tour is not until 2:00 pm)

RSVP by 5/22

Thursday, May 28, 2009

Audiograms Hearing Screening

Alice Kortyka, Audiologist will once again provide hearing screenings.

Time: 10:00 am – noon (appointments every 15 minutes.)

Cost: none

Monday June 1, 2009

Amish Country Day Trip

Travel to the country in comfort in style aboard a Croswell Motor Coach. Trip stops include; Millers General Store, Kiems Bakery, finishing with lunch at Moyer's Winery.

Sign up quick this is always a sell out!

Departure Time: 8:30

Approximate return: 4:00

Cost: \$20 members, \$25 guests.

Bring \$ for lunch and shopping

Reservations by: 5/18

Wednesday June 3, 2009

June Birthday Celebration

Ragtime piano music by: Todd Hepburn.

Music begins: 10:30

Cost: members with birthdays receive complementary lunch.

All other members welcome too.

Reservations by: 5/27

Monday June 8, 2009

ABC'S, 1,2,3 's of Diabetes

Program presented by Council on Aging Paula Martinez.

Learn signs of pre-diabetes and helpful skills for diabetes.

Brief exercise demonstration will be also included.

Time: 10:00

Cost: none

Reservations requested by: 6/1

Tuesday, June 9

Bengal's 2009 Season Highlights

Jim Lippincot, Director of Football Operations for the Cincinnati Bengal's will talk to us about upcoming season including scouting reports, schedule and what to expect from our NFL team. Wear your black & orange!

Time: 9:30 am

Cost: none but be sure to make a reservation for lunch

RSVP by 6/1

Friday, June 12

International Butterfly Show-Krohn Conservatory and Picnic at Eden Park.

Take a trip to India at the Krohn and witness the beautiful butterflies of India. See the wondrous array of thousands of butterflies let loose in the Conservatory as it is transformed into an Indian garden. We will then go to Eden Park for a picnic while we experience one of the best views in the city.

Depart the Center: 9:30 am Return approx: 1:00 pm

Cost: \$12 members/\$15 guests (includes donation for transportation)

RSVP by 6/1

Wednesday June 17, 2009

Tour of Meier's Winery

Lunch at Rusty's Ristorante.

Taste wine; sample cheeses, learn history of wine cellar, bottling process, (Non-alcoholic wine available too), Visit their retail store. Then off to lunch at local Deer Park favorite Rusty's Ristorante.

Departure: 10:30

Approximate return to ASC: 2:30

Cost: \$15 members/\$20 guests includes transportation donation, tour and wine & cheese tasting. Bring money for lunch at Rusty's.

Thursday June 18, 2009

Annual Ragtime Band Summer Show.

Celebrating Americana.

Music, fun, lunch and laughs.

Lunch: 11:30

Show time: 12:30

Cost: \$ 6, members, \$8 guests?

Reservations by: 6/11

Monday June 22, 2009

Mystery lunch and Shopping Trip

Pick your lunch location from the many to choose from, shop till you drop. Stores to suite all ages men and women alike.

Depart ASC: 9:30

Return: 2:00

Transportation: \$8 members, \$12, guests. Bring money for lunch & shopping.

Reservations by: 6/15

Wednesday, June 24, 2009

Dinner at Vito's Café

Home of the Singing Waiters.

Vito's is a unique Italian Trattoria, featuring delicious food and entertainment by talented servers. Price includes: full coarse dinner, dessert, coffee and tea.

Depart the center: 4:30 pm

Return: approximately 8 pm

Cost: \$50 members/\$55 guests

RSVP by 6/17

Monday, June 29

Channel 12 Meteorologist: Michelle Boutillete

Weather talk. Join us to learn more about our Cincy weather.

Time: 10:30 Cost: none but stay for lunch and enjoy a rootbeer float!

LOOK WHAT'S COMING NEXT MONTH

July 21

Florence Freedom Baseball Game

See the Frontier Baseball League right in Florence, KY. This will be family fun for all ages. Bring the grandkids.

Cost: \$30 members/\$35 guests

Cost without transportation: \$25

Price includes: program, game ticket, BBQ buffet, unlimited soda, covered seating our own private area and transportation donation.

RSVP by 7/7

WEEKLY ACTIVITY CALENDAR

The following activities happen weekly at the Anderson Senior Center. Come join in the fun. If you have any questions about any of the scheduled activities, please call the center at 474-3100.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Aerobics 10:30 Pilates 11:30 Beginner Pattern Dance 12:00 Bridge 1:00 Steppers 2:30 Genealogy 2 nd Monday	9:00 Crafts 10:00 Chair Volleyball 10:00 Tap Dancing 11:00 Arthritis Exer. 12:00 Play Pool 12:30 Wii Games 1:00 Quilting	9:30 Walking Club 10:00 Line Dancing 10:00 Poker 10:00 Mixed Cards 10:00 Woodcarvers 12:00 Play Pool 12:45 Advanced Pattern Dance 2:30 Tai Chi Evening Programs 6-8 Computer Class 7-9 Line Dancing	9:00 Wellness Clinic 1 st & 3 rd Thursdays 9:30 Aerobics 10:00 Watercolors 10:30 Piano Music in Dining Room 11:45 Computer Club Mtg 2 nd Thursday 12:00 Play Pool 1:00 Ragtime Band 1:00 Book Club 3 rd Thursday	9:30 Aerobics 10:30 Pilates 10:30 Sing-a-long Dining Rm 3 rd Friday 10:45 Bible Study 12:30 Bingo 1:00 Corn Hole

Walking Club meets at 9:30 a.m. Wednesdays in the parking lot of various local parks.

The schedule follows:

May 6	Beech Acres
May 13	Juilfs
May 20	Woodland Mound
May 27	Withrow Nature Preserve
June 3	Veterans Park, Clermont
June 10	Clepper Park, Clermont
June 17	Veterans Park, Anderson
June 24	Beech Acres Park

Genealogy Meets the 2nd Monday of each month

May 11th is the next meeting. No meeting of the Genealogy Society in June/July/August.

Book Club-The Book Club meets the Third Thursday of each month at 1:00 p.m. in the Center Library. Selections for May and June are:

May 21, 2009	"Can't Wait to Get to Heaven" by Fannie Flagg
June 18, 2009	"Tales of Margaritaville" by Jimmy Buffet

Computer Club meets the Second Thursday of each month at 11:45.

The next meeting of the computer club is May 14, 2009. There will be no computer club meetings in June/July/August.

Evening Line Dancing Class will be held through May 27th. Classes will not be held in June/July/August.